STUDY CONDITIONS ANALYSIS

Favorable study conditions usually improve the efficiency of study.   Concentration may be difficult when there are too many distractions present.   This inventory will help you analyze conditions and distractions in the places you study.

List the three places where you usually study in the order you use them most.

A. _____

B. _____

C. _____

Now circle True or False, whichever applies to each of these places.

		A	B	C
1.	Other people often interrupt me when I study here.	T F	T F	T F
2.	Much of what I can see here reminds me of things that don't have anything to do with studying.	T F	T F	T F
3.	I can often hear the radio or T.V. when I study here.	T F	T F	T F
4.	I can often hear the phone ringing when I study here.	T F	T F	T F
5.	I think I take too many breaks when I study here.	T F	T F	T F
6.	I seem to be especially bothered by distractions here.	T F	T F	T F
7.	I usually don't study here at a regular time each week. T F	T F	T F	
8.	My breaks tend to be too long when I study here.	T F	T F	T F
9.	I tend to start conversations with people when I study here.	T F	T F	T F
10.	There are things here that don't have anything to do with study or schoolwork.	T F	T F	T F
11.	Temperature conditions here are not very good for studying.	T F	T F	T F
12.	Chair, table, and lighting arrangements are not very helpful for studying.	T F	T F	T F
13.	When I study here I am often distracted by certain individuals.	T F	T F	T F

Now total the circles in each column.   The column with the most "true" circles may be the poorest place to study.

Write the answers to the following summary questions on the back of this sheet.

1. List those things that seem to be your greatest distractions.
2. Are you the type of person that studies best when alone or in places where you can see others studying?
3. Would it be best for you to:
   a. try and improve conditions in places where you study.
   b. find entirely different places to study.

(From: THE 4 T'S by Sue Johnston-Davidson, adapted from SYSTEMS FOR STUDY)